

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

Do You Use Unit Prices To Find The Best Buys?

Many stores have unit prices. Learning to use them will help you save money.

United Stewed Tomatoes			Red Vine Stewed Tomatoes		
Total Price	Amount You Get		Total Price	Amount You Get	
83¢	14.5 oz.		77¢	16 oz.	
You Pay	Unit price 92¢ per pound		You Pay	Unit price 77¢ per pound	

Stickers showing the unit price are usually on the grocery shelf below the food.

\$ Make Your Food Dollars Count \$

U.S. Department of Agriculture, July 1984, Program Aid No. 1345

- Unit pricing stickers may look different, but they tell you the same information.

Name of the food

How much the total package costs you

Golden's Whole	
Total Price	Amount
\$1.69	
You Pay	34¢

- Unit Pricing helps you to:

- pick the low-cost package or container size

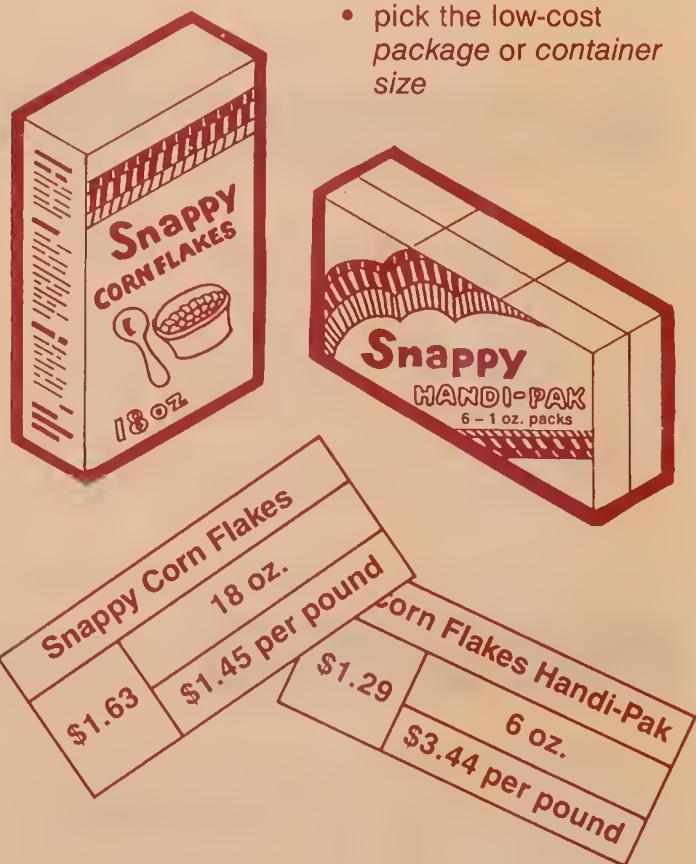


Snappy Corn Flakes		Corn Flakes Handi-Pak	
18 oz.	\$1.63	6 oz.	\$3.44 per pound
18 oz.	\$1.45 per pound	6 oz.	\$3.44 per pound

- Unit pricing stickers may look different in every store, but they tell you the same thing:



- Unit Pricing helps you to:



- pick the low-cost package or container size

- find the *brand* that costs you less

MAJOR'S ENRICHED FLOUR	5 LBS
\$1.19	5 lbs.
	24¢ per pound

CHEFS ENRICHED FLOUR	5 LBS
\$1.39	5 lbs.
	28¢ per pound

Do You Use Food Labels to Make Smart Choices?



Food labels can tell you a lot about the food inside . . .

\$ Make Your Food Dollars Count \$



READ LABELS TO KNOW WHAT YOU ARE PAYING FOR!

Ingredient Listing

Ingredients are listed in order from the most to the least amount found in the product.

Grape Juice:



Grape juice, grape juice from concentrate, ascorbic acid (vitamin C). No artificial flavors or colors added.

Grape Juice Drink:

(10% Grape Juice)



Water, high fructose corn syrup, sugar, grape juice concentrate, fumaric, citric and malic acids (provide tartness), vitamin C, natural flavor, artificial color.

Powdered Grape Drink:



Sugar, citric acid (provides tartness), natural and artificial flavor, artificial color, vitamin C.

This label tells you:

- mostly grape juice and juice concentrate
- vitamin C added

This label tells you:

- mostly added water, syrup, and sugar
- some grape juice
- vitamin C added, plus other things

This label tells you:

- mostly sugar
- no juice at all
- vitamin C added, plus other things

Dates on Packages

- Look for dates on product labels. They tell you when foods are the freshest.
- The "Sell by" and "Best when purchased by" dates give you some time for home storage and use.
- The "Do not use after" date warns you that the food should not be used after that date.

Package Weight

- Look at the weight.
- A large package may hold less than a smaller package.



Nutrition Information

The nutrition label tells you:

- the size of a serving
- how many servings you get in the container

- nutrients in a serving:
 - how many calories
 - how much protein, fat, and carbohydrate
 - how much vitamins and minerals

